

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Gift Shop and More Pop Up 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	3 8:00 Technology Assistance 9:00 Quilting 9:30 Functional Fitness 10:00 SFCOA Board Meeting 12:00 Meal Site 1:00 Poker	4 9:00 Projects for Purpose 9:30 Discussions with Denise 9:30 Hearing Clinic 9:30 Meet the Fire Chief 10:00 NO Blood Pressure Clinic 10:00 Senior Fitness 11:15 Stretch & Flex	5 9:30 Functional Fitness 10:00 Men's Discussion Group 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Paper Collage	6 8:50 Yoga 10:00 NO Senior Fitness 11:15 NO Stretch & Flex 1:00 Mahjong
9 Closed in observance of Columbus Day/Indigenous Peoples Day	10 8:00 Technology Assistance 9:00 Quilting 9:30 Functional Fitness 12:00 Meal Site 1:00 Poker	11 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Lunch & Tour, Christopher Heights, Marlborough 11:15 Stretch & Flex	12 9:30 Functional Fitness 10:00 Board Meeting 10:00 SFCOA Creators Collaborative 10:15 Fall Foliage Tour Mount Wachusett 10:30 Scrabble 12:00 Meal Site	13 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
16 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	17 8:00 Technology Assistance 9:00 Quilting 9:30 Functional Fitness 10:00 Veterans Social 12:00 Meal Site 1:00 Poker	18 9:00 Projects for Purpose 10:00 Cemetery & Burial Concerns 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Welcome Fall Social	19 10:00 SFCOA Creators Collaborative 9:30 Functional Fitness 10:30 Scrabble 12:00 Meal Site 1:00 Rock Painting	20 8:50 Yoga 9:00 The Breakfast Club 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
23 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	24 8:00 Technology Assistance 9:00 Quilting 9:30 Functional Fitness 10:00 Safe and Secure Talk 12:00 Meal Site 1:00 Genealogy 1:00 Poker	25 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex	26 9:30 Functional Fitness 10:00 Conservation Walk 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Monthly Movie	27 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
30 8:50 Qi Gong 9:30 Open Art 9:45 Lunch Bunch 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	31 8:00 Technology Assistance 9:00 Quilting 9:30 Functional Fitness 12:00 Meal Site 1:00 Poker			